

# RESOURCES

**If there is an emergency dial 988.**  
**If you or a friend are struggling,**  
**there are resources to help!**



## COLORADO MENTAL HEALTH LINE

**988** has trained specialist available 24/7 to offer free, confidential support  
**Call/Text 988 or Live Chat at 988colorado.com**

Whatever it is, it matters. Crisis can take many forms for many people. Here are some common calls: Relationship problems Depression Bullying Anxiety Disability Family Crises Substance Abuse Stress Suicidal Thoughts



## JEFFERSON COUNTY FOR MENTAL HEALTH

Mental health counseling for adults, children, families, veterans, seniors includes emergency & crisis care, suicide prevention, and substance use.

**Nearest Walk-In Crisis Center (for adults and teens)**

4643 Wadsworth Blvd., Wheat Ridge, CO 80033  
303-425-0300



## NATIONAL CRISIS LINE/NATIONAL SUICIDE PREVENTION LIFELINE

**1-800-273-8255 (TALK) | Chat online at: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)**

You're not alone. Confidential help is available for free. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



## SAFE 2 TELL // [safe2tell.org](https://safe2tell.org)

**1-877-542-7233 | Text: S2T to 274637**

Anonymously report anything that concerns or threatens you, your friends, your family or your community.



## THE TREVOR PROJECT

Provide crisis intervention and suicide prevention for LGBTQ youth.

Counselors available 24/7/365

**TrevorLifeline:** 1-866-488-7386 | **TrevorText:** START to 678678

**TrevorChat:** Confidential online instant messaging with a Trevor counselor at: [thetrevorproject.org](https://thetrevorproject.org)



## SECOND WIND FUND // [thesecondwindfund.org](https://thesecondwindfund.org)

Second Wind Fund believes that every child and youth at risk of suicide should have access to the mental health treatment they need. If a financial or social barrier to treatment is present, we pay for up to 12 sessions of therapy from one of our specialized network providers.